

# Meatballs (Gluten-Free, Egg-Free)

**Source:** The Nutrition Coach LLC

**Yield:** 95 Meatballs

**Serving:** 1

## Ingredients

2 tablespoons **whole psyllium husk**

3/4 cup **water** *hot*

2 tablespoons **garlic** *minced*

2 tablespoons **dried oregano**

1 tablespoon **dried basil**

2 teaspoons **dried thyme**

1 tablespoon **sea salt**

1/2 teaspoon **freshly ground black pepper**

1/2 teaspoon **Dried red pepper flakes**

1/2 cup **non-dairy milk**

1 - 2 cups **sheep cheese** *grated*

2 cups **almond flour**

2 pounds **lean ground beef**

2 pounds **ground pork**

## Directions

Position a rack in the center of the oven and preheat the oven to 400F. Line a rimmed baking sheet with parchment paper and set aside.

Place the garlic, oregano, basil, thyme, salt, black pepper, red pper flakes, and milk in a large bowl. In a separate small bowl combine the psyllium husk and hot water and whisk until it begins to gel. Add the psyllium husk mixture to the bowl with the other ingredients. Add the almond flour and cheese and whisk or stir to combine.

Using your hands, break the beef and pork into small chunks and add them to the bowl. Blend the mixture with your hands until just combined, working the mixture as little as possible.

Gently form the meat mixture into 1-inch meatballs and arrange them on the prepared baking sheet so they do not touch each other.

Bake the meatballs until an instant-read meat thermometer inserted into the center of one reads 160F, 25 - 30 minutes.